



FOUR WAYS TO PROTECT YOURSELF FROM THE FLU



**GET
VACCINATED**



**WASH
YOUR HANDS**



**STAY HOME
WHEN YOU'RE SICK**



**COVER
YOUR COUGH**

**IT'S UP TO
YOU
TO STOP
THE FLU**

CDPH H1N1 FLU HOTLINE
1-888-865-0564 or cdph.ca.gov